



## Smoky Slaw Dawg

READY IN



10 min.

SERVINGS



1

CALORIES



341 kcal

SIDE DISH

### Ingredients

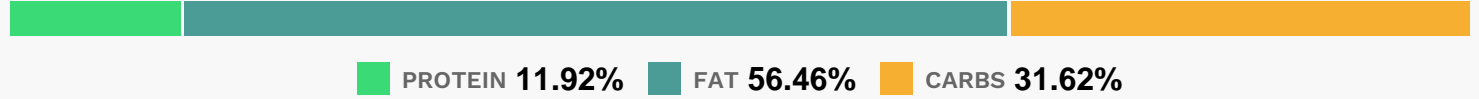
- 1 Tbsp chipotle aioli kraft
- 1 oscar mayer beef frank
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 1 hot dog bun
- 1 singles cut in half kraft

### Equipment

### Directions

- Cook frank as directed on package.
- Meanwhile, combine coleslaw blend and aioli.
- Fill bun with frank, Singles and coleslaw.

## Nutrition Facts



### Properties

Glycemic Index:106, Glycemic Load:13.24, Inflammation Score:-3, Nutrition Score:9.9917392316072%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 341.29kcal (17.06%), Fat: 20.92g (32.19%), Saturated Fat: 6.92g (43.23%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 24.72g (8.99%), Sugar: 5g (5.56%), Cholesterol: 30.03mg (10.01%), Sodium: 821.15mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.93g (19.87%), Vitamin K: 28.64µg (27.28%), Selenium: 16.84µg (24.06%), Vitamin B1: 0.27mg (17.83%), Vitamin C: 13.36mg (16.2%), Manganese: 0.3mg (15%), Vitamin B3: 2.89mg (14.45%), Folate: 57.7µg (14.43%), Vitamin B12: 0.82µg (13.64%), Phosphorus: 124.25mg (12.43%), Iron: 2.23mg (12.37%), Vitamin B2: 0.19mg (11.06%), Zinc: 1.38mg (9.23%), Calcium: 86.82mg (8.68%), Fiber: 1.64g (6.57%), Copper: 0.12mg (5.8%), Vitamin B6: 0.1mg (5.13%), Magnesium: 19.83mg (4.96%), Potassium: 172.21mg (4.92%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 56.38IU (1.13%), Vitamin E: 0.17mg (1.11%)